

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

Wounded Warrior Project Empowers Veterans to Reach Fitness Goals **Physical Health and Wellness Expo Connects Warriors**

JACKSONVILLE, Fla., Jan. 24, 2017 /[PRNewswire-USNewswire](#)/ -- With the onset of a new year comes a renewed desire to get healthy and stay active. To help injured veterans in the Jacksonville area with their resolutions, Wounded Warrior Project® (WWP) recently hosted a physical health and wellness expo focusing on nutrition and physical fitness training.

Participants at the event enjoyed yoga, weight training, seminars on healthy eating, and TRX (Total Body Resistance Exercise) training. The resistance training was a highlight for Navy veteran Geraldine Manalo Forbis.

"TRX was far and away my favorite workout," she said. "Coming into this event, I was nervous about being in good enough shape because I haven't had a hard workout in years. But I walked away feeling accomplished and ready to do more in the future."

To emphasize the importance of overall lifestyle changes to improve health, participants also learned about the basics of proper nutrition and maintaining healthy habits. The seminars were hosted in a casual setting, offering warriors a chance to ask questions and chat with staff.

"I was really impressed with the communication from Wounded Warrior Project staff members," Geraldine said. "They were very knowledgeable about health, fitness, and nutrition, and I'm grateful they took the time to make sure we understood what we were doing and what we learned."

The program was available to veterans of all fitness levels, and coaches offered technique modifications to make sure warriors' needs were met – no matter where they were in their recoveries. Geraldine felt encouraged as she saw warriors helping one another stay motivated.

"Gathering with warriors – especially from different services – who struggle with some of the same difficulties allowed me to feel like I was on a team again and that I could lean on others to raise me up when I'm down," Geraldine said. "Wounded Warrior Project showed me I can take the lead in reaching my fitness goals and introduced me to others in my area who I can work with to stay accountable and motivated."

To learn more about Geraldine's experiences at the physical health and wellness expo, visit:

<https://newsroom.woundedwarriorproject.org/Wounded-Warrior-Project-Empowers-Veterans-to-Reach-Fitness-Goals>.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <https://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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